Health and Beauty

A few daily exercises will keep the figure firm. There are so many exercises for every defect in the human figure, beauty, and posture, that it is a wonder that all of us don't have a perfect shape. Some are of little use when compared to others, and it is a good idea to know the good from the bad.

Because of the great number of exercises, women are as confused as to which ones to be take as they are about what cosmetics to buy. Actually, you need to take only a few exercises each day. Fifteen or twenty minutes spent in exercises will greatly improve figure and health.

Each day the average woman should take a couple of abdominal exercises. Those are beneficial to health, and, of course, the abdomen is one of the spots which is apt to accumulate fatty deposits as we accumulate years.

Two waist exercises, two for the thighs and inner upper leg line, two hip exercises, two postural exercises, two for whatever your personal figure problem might be.

These will tire you at first., and make your muscles sore if you are not accustomed to exercise. For this reason it is a good idea to start with just a few exercises and work up to the fifteen or twenty minutes you plan to take as a regular thing. Don't let anything short of illness keep you from your exercises. It is the regular exercise that does you good.

Don't use the excuse that you are too old. There are exercises designed for more mature people. There are also exercises designed for the new mother that will not only help her to get her figure back in a hurry, but will make her feel better faster. Those usually start at the hospital, before the mother is out of bed. At this point they are very mild. The exercises are increased gradually until the new mother is taking regular exercises.

About The Home

It has been noted that many popular beef cuts and poultry are somewhat lower in price than at any time during the past few months. One major chain recently advertised beef chuck for pot roasting at 62 cents a pound.

Other bargains were shoulder and sirloin steaks, fresh pork hams, and fryers. Oven-ready turkeys can be bought for as low as 55 cents a pound. Now is the time to purchase your holiday turkeys and store them in your freezer for the event. Remember, cold sliced turkey is a wonderful hot weather treat.

Lamb prices are up, and rib lamb chops are $1.09 cents a pound while leg of lamb is about 75 cents a pound. The price of fish is up also.

There is a big demand in the U. S. for slimmer television sets. One leading manufacturer offers a new group designed to fit on a bookcase. Labeled the "Designer Series," the new models have cabinets that measure under eight inches in depth.

The conventional flat back has been replaced by an enclosure for the chassis and picture tube.

The console sets are equipped with large screens and are light enough to be carried about from room to room. There are many new finishes to choose from, ranging from gold or russet linen-finish vinyl, and many different types and colors of wood finishes. All the newest sets are equipped with recessed hand grips for carrying.

Color sets are down a little in price, but still have a long way to go before the general public will feel that it is getting its money's worth. The color process needs a great deal of improving in the minds of many viewers.

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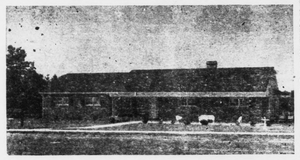

Richard D. Robinson

FUNERAL DIRECTING & EMBALMING

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Colored Dots

An appreciative crowd attended the regular preaching services at the Galilee Baptist Church on last Sunday morning. The pastor delivered a special sermon from the subject: "Pay Will Be Done." All who attended enjoyed the service. The church choir rendered special music. At the close of the service, prizes were presented to the captains of the "Twelve Tribes of Israel Rally" held on last first Sunday.

A large crowd attended the seventh annual Men's program at the Galilee Baptist Church Sunday at 8 P. M. The Rev. James Franklin, of Pamplin, was the guest speaker, and music was furnished by the Appomattox Trumpeteers. The president of the men's club served as master of ceremony. A total offering of $47.50 was reported.

The public is cordially invited to hear the Golden Voices of N. C. in a special musical program at Mount Shiloh Baptist Church this Sunday evening at 7:30. The program will take the place of the regular evening service. At the close of the program a report of the rally among the auxiliaries of the church will be made.

The sixth annual Ladies program of the Promise Land Baptist Church was a great success last Sunday evening at 3:30. The program was sponsored by the Missionary Circle of the church with Miss Mattie Fleshman serving as mistress of ceremony. The address was given by Mrs. H. M. Venable, of Phenix, Va. A total offering of $32.00 was reported, Music was rendered by the Mount Shiloh Church choir.

A large crowd attended the annual Ladies Day program at the Canaan Baptist Church last Sunday evening at 3:30. The program was sponsored by the Ladies Club of the church, under the direction of Mrs. J. C. Webb. Miss H. B. Stephens delivered the address.

All parents and patrons of the school are asked to attend the final meeting of this school year Monday evening at 7:30. A special program has been planned. Refreshments will be served by home economics girls, under the direction of Mrs. Elliott At the close of the meeting, an inspection of the new shop building will be made.

Mrs. Betty Flood and son, Peter, and Betty Lou spent last week here as guest of relatives and friends.

Rev. R. Q. Lawing delivered the educational sermon at the Nelson County P.-T. A. last Sunday evening at 3 o'clock. The program was sponsored under the direction of Miss Ethel Wiley, county supervisor of schools.

The Modernistic Club entertained with a dinner party at the Elks Rest in Lynchburg last Saturday evening.

There will be a musical program given at the Jordan Baptist Church by the Trumpeteers and others on Sunday night, May 25, at 7:30.

Soviet press marks aniversary; hails "freedom."

Appomattox is a growing town.

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TOOL SHOP & TOOLS, TRACTOR, TRUCKS AND MANY OTHER ITEMS
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In FASHION now

If you are planning a vacation you know that a little research goes a long way toward making your clothes and you a success.

Check with your travel agent, airline or steamship company about the temperature in every country you plan to visit. A light raincoat or a warm sweater and a large carry-all bag will be needed no matter where you are headed.

It is best to leave home your most fragile, fussy or wrinkle - quickly clothes.

A good black dress for evenings in silk or chiffon will prove valuable. Knits for daytime adjust well to every sort of climate. A silk linen suit will be a happy choice for travel. It can be used for dinner or cocktails with a change of accessories.

A small veil can do for a hat for church. Take two comfortable pairs of shoes for sight-seeing. You can save weight by not carrying unnecessary shoes.

Take a minimum of jewelry and lingerie. The drip-dry lingerie can be washed at night and will be ready to go the next morning.

You will probably want to save a little space in your bags for all the pretty things you admire and bring home.

SUPPLY, PRICE SITUATION FOR VARIOUS COMMODITIES OUTLINED BY ECONOMISTS

Considerable withholding of meat animals for an inventory build-up, and a later feeding season, have reduced slaughter in recent months and strengthened prices, report VPI agricultural economists.

However, they say fed cattle prices are expected to drop seasonally soon, and hog prices likely will remain around early - spring levels during mid-summer and fall drop.

Prices to farmers for manufacturing milk and butterfat dropped slightly in early April, in line with the reduction in support to 75% parity. The price to farmers for all milk this year may average from 12 to 14c under the $4.20 per cwt. in 1957.

Prices of eggs to farmers continue above last spring. Production is smaller and storage stocks of shell eggs on April 1 were less than 10% of a year earlier.

Prices to farmers for feed grains have advanced in recent months from the low levels of last winter, but with record supplies in relation to feed needs they will probably continue lower than a year earlier this spring and summer.

Current estimates of soybean crushings and exports indicate a new peak for this marketing year, but supplies of soybeans are also larger with an expected carry-over of 30,-000,000 bushels in October, 1958.

A winter wheat crop of 964,000,-000 bushels indicated on April 1, and an assumed spring wheat crop of 225,000,000 bushels would push total wheat production to about 1,-200,000,000 bushels. Even with disappearance of possibly a billion bushels, this output would result in a build-up of stocks in the 1958,59 marketing year.

Cold-storage stocks of apples on April 1 were much larger than last year, and prices have averaged considerably under last year's high prices. Supplies of fresh oranges and grapefruit are substantially smaller this spring and prices are much above last year.

Supplies of vegetables for fresh market may be about the same as a year earlier during the rest of this spring. Supplies of potatoes are substantially smaller this spring than last and prices in the next 6 to 8 weeks are likely to continue well above the low levels of a year ago.

The 1958 output and acreage of manufactured tobacco products are expected to continue near the 1957 levels. Cigarette production last year was at a record level of 442,000,-000,000.

KNOW THE WEATHER

By E. H. Sims

Should passengers in an aircraft, work about being struck by lightning when flying through a storm? Is a car safe in a lightning storm? Lightning is practically no danger to aircraft. In fact, it often strikes aircraft without causing the slightest damage. The danger in flying through a lightning storm in an aircraft lies in the updrafts and down-drafts which are likely to be encountered in passing through lightning, which so often accompanies thunderstorms.

A closed car is a relatively safe place in a lightning storm. A boat without a tall mast is not necessarily dangerous. Water is a good conductor of electricity and, therefore, one should stay out of boats during these storms unless a lightning arrester has been installed.

30-VOICE CHOIR FOR "THE COMMON GLORY"

Williamsburg, Va.- A 30-voice choir has been selected for the 1958 production of "The Common Glory," Paul Green's outdoor drama which will open its 12th season on June 24.

Members of the choir, composed chiefly of Virginia and North Carolina college students, have been selected By Dr. Carl A. Fehr, musical director, after tryouts held in March.

CABLES VS. WHALES

Washington.- When a whale and submarine cable meet, the tangled results may spell disaster to the whale and broken communication for the telegraph company. However, the results may also mean additional information for scientists on how deep a dive a whale can make.

Recent reports describe the finding of whale carcasses or remains entangled in cable brought up from depths of 3,000 feet. The maximum depth mentioned is 3,720 feet. Apparently the whales swim at these great depths in search of food. As they move through the water, jaws open and plowing through food-containing sediment on the ocean floor, the animals run the risk of collision with

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Appomattox, Va.

ichwood

...chwood, May 20.- "Better is a ... with little conscience, than ... possessions without right." —Proverbi...

...and Mrs. W. F. Woodall and ... Marie were the dinner ... Sunday of Mr. and Mrs. D. ...

...and Mrs. T. T. Wooldridge ... P. Brannan and daughter ... Belle spent last Monday ... the home of Mr. and Mrs. ... Pamplin and family.

...and Mrs. D. A. Pugh visited ... Mr. and Mrs. Tom ... with Mr. and Mrs. ...

...and Mrs. L. M. Ferguson and ...ton and Mrs. G. P. Brannan ...ge, and Esmond Pugh ...end," were the dinner ... Sunday of Mr. and Mrs. F. ...

...and Mrs. C. C. Harvey visit... Sunday afternoon with Mr. and ... D. A. Pugh.

...and Mrs. T. T. Wooldridge ... P. Brannan and daughter ... Belle were in Pamplin ... today to see Mr. and Mrs. Henry ...

...and Mrs. G. I. Watt, of Wash... spent the week-end at their ... here.

It Was!
...prominent dentist says the ...mouth is becoming larger. ...ow it was unwise to add that ...layer to the club sandwich. ...ston News.

Pamplin

Pamplin, May 18.- Mrs. Carl Evans and daughter, Judy, of Union, N. J., are visiting relatives here.

Mr. and Mrs. J. M. Cobb and Mr. and Mrs. J. M. Cobb Jr., of Lynchburg visited in Washington, D. C. over the week-end.

Mr. and Mrs. Charlie B. Gilliam and daughter, Linda visited his mother, Mrs. Bruce Gilliam, of Lynchburg Sunday.

Mr. and Mrs. M. B. Duling, of Richmond spent the week-end at their home here.

Miss Anna Lee Perkins, of Prospect was a week-end visitor in the home of Mr. and Mrs. Junior Davis and mother.

Mr. and Mrs. R. L. Jennings, of Lynchburg were Sunday guests in the home of Mr. and Mrs. Raymond Kress.

Miss Irma Harris, of Richmond, and Mr. W. L. Harris were dinner guests of Mr. and Mrs. Robert Harris Tuesday evening.

Mr. and Mrs. E. B. Davis and daughter, Kathy spent Sunday with her parents, Mr. and Mrs. W. S. Wayne, of Phenix.

Dinner guests in the home of Mr. and Mrs. Robert Harris on Mother's Day were Mrs. J. G. Redford, of Lynchburg; Miss Mary Moore, Miss Ruth Harris, Mr. W. L. Harris, of Darlington Heights, Mrs. Clara Dunton and Mrs. Gwen Smith.

Mrs. Doris Winsett and son, William, of Richmond, were week-end visitors in the home of her parents, Mr. and Mrs. W. J. Payne.

Miss Marie Spence, of Farmville visited her sister, Mrs. S. G. Mann last week.

Rocks

Rocks, May 19.- The warm sunny days of the past week were certainly appreciated and some gardening and quite a bit of farm work was done, but more yet to be done.

Quite a few were out for the covered dish supper for the Rev. and Mrs. Joseph R. Darden on Tuesday night. Also for the prayer service that followed.

We regret Mrs. D. R. Inge is still sick, at the home of Mr. and Mrs. Toby Inge. We wish her a speedy recovery.

A few of the home demonstration club members served a supper for the Ruritans at Evergreen Friday night.

Ruby Richardson, who was in with the measles, a few days last week, was able to go back to school on Friday.

Mary Edith Ranson spent Saturday night at Pamplin with Barbara Gilliam.

Mrs. Walter Anderson, who has been a patient at Virginia Baptist Hospital returned home last week.

Quite a few called to see her over the week-end.

Rev. W. M. Black preached a fine sermon here last Sunday morning. He is supplying for the Rocks field of churches.

Rev. and Mrs. Joseph R. Darden left Thursday for his new field of churches at Brownton and Bentonville, Virginia.

Pvt. Otis Richardson, who has been spending a leave with his parents, Mr. and Mrs. Clarence Richardson, left Wednesday night for Fort Houston, Texas.

Mr. and Mrs. Loyd Richardson went to Buggs Island on Sunday afternoon.

Mr. and Mrs. LeRoy Marks, of Lynchburg, spent Sunday afternoon with his mother, Mrs. M. H. Marks, and with Mr. and Mrs. Edward Ranson.

Evergreen

Evergreen, May 20.- Mrs. Alma Lewis and son, of Farmville, and Mr. and Mrs. James Lewis visited Mr. and Mrs. Ronald Paulette and family Sunday. Also Miss Ruth Lewis.

Gene Childress, of Jackson, S. C., spent the week-end with his mother, Mrs. Christine Childress

Mrs. Earl Harris and daughter, Mrs. Ned Shorter attended graduating exercises of her son, the Rev. R. E. Harris, at Southeast Seminary at Wake Forest Friday.

The Rev. and Mrs. Cecil Carter, of Salem, Va. are visiting friends here for a few days.

A few from here attended the Union Service at Old Appomattox Court House Sunday afternoon.

Mrs. Alberta Ferguson is spending this week with her son-in-law and daughter, Mr. and Mrs. C. J. Paulette.

Mr. and Mrs. E. T. Bruce visited her aunt, Mrs. Effie Shelton and son Sunday, at Red Oak, Va. They also visited her aunt, Mrs. P. M. Roberson at Chase City, who is ill at this time.

Mr. and Mrs. Fred Martin and family, Mrs. Albert Wright and Miss Wanda Kay LeGrand motored to Richmond Sunday P. M. to visit relatives.

J. K. Hamilton and boys, Richard and Donald, Jack Baker and son, Steve, James Womack and son, Jimmy, attended the Armed Forces Day at Norfolk Saturday, and went on a fishing trip while there.

Danny McFadden, of the U. S. Navy is home on a furlough for a few days.

Mr. and Mrs. Arthur Thurman, Maxwell LeGrand, Archer LeGrand Jr., of Baltimore, Md., are spending a few days in the home of Mr. A. A. LeGrand.

Mrs. L. M. Southall, Mrs. Elizabeth Robinson and Miss Cassie Baldwin visited Mr. and Mrs. C. J. Paulette Saturday P. M.

Beckham

Beckham, May 20.- Mrs. Herman Moore visited Mrs. Louis Moore on Saturday afternoon.

Mr. and Mrs. Edgar Tuck, Wayne and Kathy, of Lynchburg, spent the week-end with Mr. and Mrs. Marvin Moore, Jr., and Roger.

Mrs. Abner Grow, of Cleveland, Ohio, is visiting Mrs. T. M. Martin and Miss Eunice Martin.

Mr. and Mrs. Warren Crews and family; Mr. and Mrs. John Moore and family visited Mr. and Mrs. Alfred Moore and Barbara Ann, on Sunday evening.

Mr. and Mrs. Howlette Drinkard visited Mrs. T. M. Martin and Miss Eunice Martin on Saturday night. Mr. and Mrs. Thomas Martin visited in this home on Sunday afternoon.

Mr. Chas. T. Mcsses Jr. was guest speaker at Trinity Church on Sunday morning.

Mr. Stanley Campbell, of Lynchburg was guest speaker at Trinity M. Y. F. on Sunday night. The topic for the message was "Youth at its best."

Indonesia appears to be facing war of attrition.

Subscription rate: $2.00 a year payable in advance.

Negro Extension News

G. L. James, Farm Agent

Appomattox County played host to five adjoining counties in holding the District Tractor School Event for 4-H members. The program was held at Carver High School Wednesday May 14. The event was divided into two parts. In the morning a group meeting was held in a classroom, for instructions, tests, record books and lecture by Dr. Johnson, from Va. State College, on tractor safety, care maintenance and driving was given the members. In the afternoon, the driving event took place with driving, belting and inspection check, among the contestants. The boys were divided into two groups, the experienced drivers was done by the farm agents from the respective counties. There has been a vast improvement in handling tractors due to this project. This is the first district competition. Formerly, Appomattox held their school on a local basis. Appomattox boasted a state winner in the driving contest and also a maintenance project winner in 1957. The Farm Agent wishes to express appreciation for the local business help and cooperation in making this event possible.

The Appomattox County 4-H members who are eligible to attend the 4-H Short Course held June 16 to 20 and the Wildlife Camp held in August are: girls, Ora Scruggs, Barbara Thornton, Lillie Forbes, Doris Ferguson, Beatrice James, Juanita Lipford; boys, Clinton Turner, Hershel Forbes, Nugene Harvey, Franklin Walker, Herbert Williams, Bobby Hix, Otis Walker, Levi Payne and Ernest Humbles.

The county-wide 4-H Club picnic will be held at Prince Edward Lake Monday, June 9. We will leave Carver school campus at 9 A. M. and return by 5 P. M.

Accidents to farm residents take about 12,800 lives each year, according to the National Safety Council. More than a million farm residents are injured each year.

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Argo Peas	2 for 25
Mrs. Filberts Mayonnaise pt.	31
Cucumbers	2 lbs. for 19
Crites Corn	2 for 25
Carnation Milk	6 for 88
Fryers	37c lb.

LUBRICATION

PLYMOUTH SAVES YOU MONEY ON GAS... MOBILGAS ECONOMY RUN VICTORY PROVES IT!

New "Fuel-Saver" Choke that helped clinch title is standard equipment on all Plymouth V-8s

Pound for pound, *Plymouth uses less gasoline than either of the "other two"* cars in the low-price "3"! This was proved beyond doubt when a 1958 Plymouth V-8 was officially declared winner of the low-price car competition in the 1958 Mobilgas Economy Run. Plymouth's competitors also entered cars with 6-cylinder engines (supposedly more economical) but Plymouth beat every car in its class—V-8s and 6s alike!

This title-winning Plymouth is exactly the same Belvedere V-8 with TorqueFlite Automatic Transmission that you can buy right off your Plymouth dealer's floor.

These tests prove that every Plymouth has *built-in economy features* not found in the "other two". For instance—one of the most important factors in Plymouth's smashing win is the new "Fuel-Saver" Choke that you get at no extra cost on all Plymouth V-8s. This ingenious device employs a triple-stage vacuum piston and a new thermostatic element to reduce the amount of fuel you use in warming up the engine. So it can save you even more on short-distance drives—the kind most people make.

Among the many other savings Plymouth gives you is the $140 you save on standard-equipment Torsion-Aire Ride. The "other two" charge up to that much extra for their best suspension systems.

So if you are dollar-conscious, better hustle over and talk terms and trade with your Plymouth dealer. He wants your business, and he'll go all out to get it!

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